Table 1. Description of the isometric hip strength tests

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| Test | | Body position | Hip flexion | Knee flexion | Sensor position |
| Hip bilateral | Abduction (ABD) | Supine | 60° | 60° | Lateral femoral condyles |
| Adduction (ADD) | Supine | 60° | 60° | Medial femoral condyles |
| Internal rotation (IR) | Supine | 90° | 90° | Lateral malleoli |
| External rotation (ER) | Supine | 90° | 90° | Medial malleoli |
| Hip unilateral | Flexion (FLEX) | Supine | 90° | 90° | Distal part of the quadriceps |
| Extension (EXT) | Prone | Neutral | 90° | Distal part of the hamstring |